



FOOTBALL MEAL PLAN

	Sunday	Monday	Tuesday	Wednesday	Thursday	GAME DAY	Saturday
Breakfast	2 eggs 1/2 cup hash browns 3 oz ham 1 slice toast 1 cup orange juice	Protein Smoothie: 1/2 cup Greek yogurt, handful spinach, banana, 1 T chia seeds, 1/4 cup zucchini, 1/4 cup frozen berries, 2 T oats, 2 cups milk) 1 slice toast	PB Oatmeal: (3/4 cup oats, 1 banana, 2 T peanut butter, 1 scoop protein powder, 1 T chia seeds) 1 cup milk	Bagel with 2 T cream cheese 1 cup 100% orange juice 2 scrambled eggs	2 cups whole grain cereal 1 cup milk Banana	3 Protein Pancakes 3 T syrup 1/2 cup berries 1 T peanut butter 1 cup milk	1 cup Greek yogurt 1/2 cup granola 1 cup fruit/veggie smoothie 1 slice toast
Snack	Choose from snack list as needed						
Lunch	Grilled panini sandwich 1/2 cup cucumber slices 1 cup cottage cheese pear slices	Chicken sandwich 1 bag baked chips apple 1/2 cup baby carrots 1 cup 100% juice	Tuna salad sandwich 1/2 cup carrots 1/2 cup celery 12 whole grain crackers 1/4 cup hummus 1 cup chocolate milk	Burrito pear slices 1 cup tortilla chips salsa 1 cup milk	Hoagie sandwich 1 cup pretzels 1/2 cup snap peas 2 T ranch dressing orange slices	(eat whatever your stomach can easily handle before games) Leftover pasta breadsticks orange slices cucumbers	Burrito Bowl apple 1 cup 100% juice 1/2 cup pretzels
Snack	Choose from snack list as needed						
Dinner	3 tacos (topped with shredded lettuce, salsa, sour cream, guacamole, tomatoes, bell peppers) 1 cup milk	2 cups meat and bean chili cornbread muffin	Lean chicken and rice bowl 1 cup grilled veggies	Pulled pork sandwich 2 cups green salad 2 T dressing 1 cup oven baked fries 3 T ketchup	1 cup pasta (with tomato sauce, parmesan cheese, and 8 meatballs) 1/2 cup green beans 2 breadsticks peach slices	(Eat what is easiest on your stomach post-game with a focus on protein, carbs, and fluid) chicken veggie pizza chocolate milk	Hamburger with toppings 1 cup oven baked fries 3 T ketchup 2 cups green salad 2 T dressing
Snack	Smoothie popicles or choose from list	3 cups popcorn or choose from list	1 cup chips and salsa or choose from list	1/2 cup frozen yogurt or choose from list	veggies and ranch or choose from list	(may not need snack based on dinner timing)	Bran muffin or choose from list

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